



Co-funded by the
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SPADS: OUTPUT 1 FINAL REPORT

Survey on the knowledge of the
integrated sports method and sports
methods for rehabilitation / social
inclusion



OBJECTIVE OF THE QUESTIONNAIRE

THE GOAL IS TO BRING THE POINT OF VIEW ON THIS SUBJECT OF RELATIVES AND EDUCATORS, FROM THE PROJECT PARTNER COUNTRIES (ITALY, SPAIN, UNITED KINGDOM, ROMANIA AND HUNGARY), TO SPORT TRAINERS, IN ORDER TO ENSURE THAT INCLUSION ACTIVITIES IN SPORT WILL BE DESIGNED ALSO CONSIDERING THEIR OPINION.

DESIGN OF THE QUESTIONNAIRE

AIPD HAS DEVELOPED ONE DRAFT OF THE QUESTIONNAIRE AND SENT IT TO PARTNERS

ALL PARTNERS HAVE SENT TO AIPD THEIR COMMENTS ABOUT QUESTIONNAIRE.....

AIPD HAS PREPARED THE FINAL VERSION OF THE QUESTIONNAIRE CONSIDERING ALL THE COMMENTS, SUGGESTIONS AND CORRECTIONS RECEIVED

The questionnaire was constructed in English and made of 21 closed questions, only one (question 16th) of them gave the possibility to explain or express one's opinion

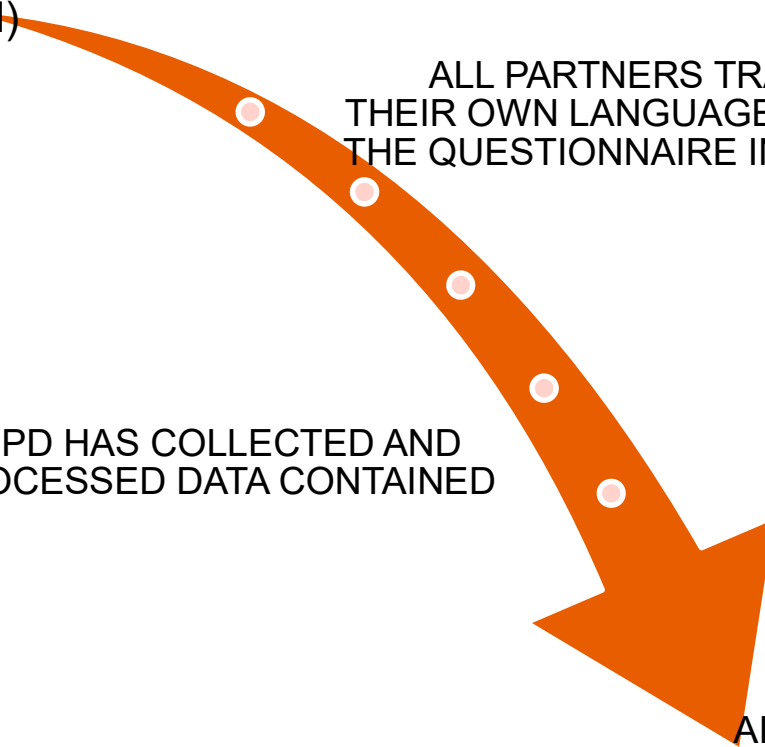
ADMINISTRATION OF THE QUESTIONNAIRE

AIPD HAS PREPARED THE
ONLINE VERSION OF THE
QUESTIONNAIRE
(GOOGLE FORM)

ALL PARTNERS TRANSLATED IT INTO
THEIR OWN LANGUAGE AND LAUNCHED
THE QUESTIONNAIRE IN THEIR COUNTRY

AIPD HAS COLLECTED AND
PROCESSED DATA CONTAINED

AIPD PREPARED A
REPORT WITH THE
RESULTS OF THE FACT-
FINDING SURVEY



RESULTS

- 788 questionnaires were completed (242 in the United Kingdom, 173 in Spain, 178 in Italy, 110 in Romania and 85 in Hungary).
- In Spain, Italy, Romania, United Kingdom and Hungary the majority agreed that sport can help a person with Down's syndrome feel more included socially.
- Most part of People with Down syndrome reached by the survey are involved in sporting activities, especially in team sports
- the majority agreed that sport can help a person with Down's syndrome feel more included socially
- The majority of the respondents think that people with Down's syndrome cope better in sessions just attended by people with disabilities as many of them do not practice sport with peers without disabilities.
- The respondents' opinion is that there are potential societal benefits from mixed sporting sessions

RESULTS

- In order to successfully include people with Down syndrome in sports activities, coaches should:
 - use practical demonstrations,
 - be attentive and motivated,
 - maintain the attention of their participants,
 - take care that everyone understands
 - use routines and habits.

- Coaches should also:
 - ensure participants with DS feel dignified, independent and safe.
 - have high expectations of the participants' sporting performance.

- Sport providers should ensure they have a range of activities to suit everyone, including those with DS who would like to participate for fun or competitively

CONCLUSIONS

- The associations involved in the survey, thanks to the fact they have gathered the needs of families/educators, should find it easier to plan functional and targeted sport activities in their Countries.
- In question 15th, the "lack of coaches trained in sport for people with DS" has been considered by respondents as the main obstacle preventing people with DS in practicing any sports. This finding strengthens the usefulness of the SPADS project, which envisages coaches' training on "disability matters" as one of its main activities.
- We realized that most of the responses consider sport as an opportunity for social inclusion, therefore it is important to train coaches to be competent to carry out mixed sports activities